

TRAINING GUIDE

LANDSLAGSLÄGER 2020

28 FEB - 01 MAR

UPPSALA



STRATEGIC PLANNING

SETTING THE GOALS

Just a couple of weeks after the sprint camp in Nice, it is again the time to work specifically with your sprint routines with three intense days in Uppsala.

The idea was to use the most relevant parts of the city for the WOC 2020. When it comes to the flatness, I think we are quite close to what is expected in Denmark ;) When it comes to the routes created by the different buildings/fences, there was a big need to add artificial barriers to still keep those well-known maps interesting for everyone, and makes trickier routes.

We are well-aware that it is completely different to have the artificial barriers not only marked on that map, but also on the terrain, but it is not an option as long as the city is not closed for traffic, and we don't have enough leaders to put them on spot.

So yeah, depending a bit of your map reading skills, and the risk you are taking, you might cross some virtual fences. If you realize it, just run back. If you don't, just notify it afterward. Once again, no big deal, that's training, and the name of the game is to get better all the time!



And yeah, there is going to be a quite big competition nearby this summer, so even though you are not specifically aiming for the WOC 2020, I think it is also a pretty good preparation for O'ringen.

Except from that, that's also an open training camp, and for sure, it is going to be challenging for the leaders on spot to make it rolls smoothly all the time due to the many entries. But we feel it is valuable for everyone to have such happening, and we expect a great cooperation between all of you. Whatever, it is impossible to reach the top all alone... you need at least people around to beat them ;)

Finally, with those regular sprint camps all over the spring and summer, there is absolutely no doubt you will improve your sprint skills. But as our competitors are not waiting us to train as well, it is you who is going to make the whole difference with the energy and focus you are going to put on every single leg of each camp. Nothing is impossible for a willing heart!

FREDAG 11 JANUARI

EFTERMIDDAG

TRAINING TYPE:

SPRINT INTERVALS

MAP:

STENHAGEN | Mapmaker: S. Eklöv (updated TG 02/2020)

Scale | Contours: 1/4.000° | 2 m

LOCATION:

<https://goo.gl/maps/yjUb8YQU4RF2hr158>



TRAINING INFO:

Distances: 5 intervals
1,5km | 1,4km | 1,6km | 1,4km | 1,3km

Controls: Control kite, 30X30cm

Timetable: First mass-start 16:00

Separate control description

Warmup Map

Loggator

Sport-Ident

Start-List

Yes	No
	X
X	
X*	
	X
X	

* For everyone

DESCRIPTION:



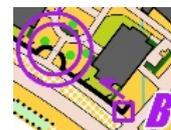
The plan for that first sprint training of the weekend is to begin with some rather short-intervals (forked and unforked) to tune up the motor (and the brain :) for the next day!

The course is set in a residential area north-west of the city, which features buildings in open terrain (grass), separated by a piece of pretty runnable forest.

NOTE:

Start by group of 4-6 people, every 2 minutes. The groups will be communicated on spot latest at 15:30. The recovering time in-between the intervals is up to you as there won't be a leader at the finish of each intervals, but 1-2 min is suggested to keep up some continuity in your effort. The start of the first interval is basically starting from the parking. Call up time -2'.

There is a small square near the finish, showing you where is the prestart of the next interval (see below), and the running direction of the next interval, so you don't feel tempt to look the next interval. Most of the intervals, restart from the finish flag, except the last one.



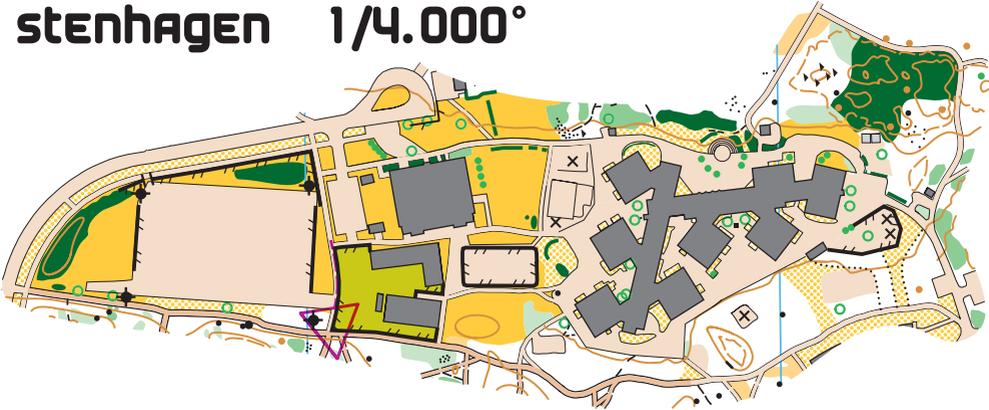
To make the courses more interesting a few barriers has been added (not marked on the terrain).

The 5 intervals are printed in the same sheet of paper and organized like that >

40% asphalt, 40% flat grass, 20% forest. Running shoes works fine if dry.



stenhagen 1/4.000°



LÖRDAG 29 FEBRUARI

MORGON

TRAINING TYPE:

KO SPRINT QUALIFICATION & ¼ FINAL

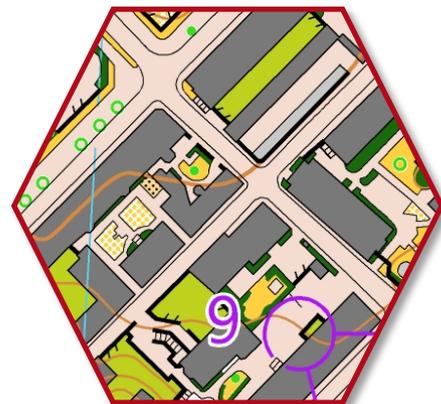
MAP:

SLOTTET NORTH | Mapmaker: M. Troeng & A. Ridefelt
(updated TG 02/2020)

Scale | Contours: 1/4.000° | 2 m

LOCATION:

<https://goo.gl/maps/SSVRmkSxFvEhmg3W8n> [use the parkings around]



TRAINING INFO:

Distances: **QUALI.** MEN 3,3 km | 16m↗
WOMEN 2,5 km | 16m↗

¼ FINAL 2,0 km | 35m↗

Timetable:

First start qualification: 09:30 [M] / 09:45 [W]

Quarter:

Separate control description

Warmup Map

Loggator

Sport-Ident

Start-List

*For selected runners. check at the arena

	Yes	No
Q.		1/4
Warmup Map	X	
Loggator	X*	
Sport-Ident	X	
Start-List	X	

MEN						WOMEN		
HEAT 1	HEAT 2	HEAT 3	HEAT 4	HEAT 5	HEAT 6	HEAT 1	HEAT 2	HEAT 3
10:30	10:34	10:38	10:42	10:46	10:50	10:54	10:58	11:02

Controls: Control kite, 30X30cm, SI AIR

DESCRIPTION:

We start this Knock-out sprint day with the closest part of the city center, outside the embargoed for O'ringen. This area was partially used during the SM final a couple of years ago. The building's structures have much similarities with what is expected in Denmark, with inside private yards, and gates.

The first part is a slightly shorter qualification event (according to the rule) with three heats, with the best ranked runners in IOF sprint world ranking starting first. Everyone will qualify for the quarter final but we recommend a full effort as it is some of the tightest races in international events.

Then, we'll perform the eliminations rounds (even though those not being in the top of their heats will still have the chance to keep running the next rounds). The heats allocation will be based on the ranking in the qualification and shall be equally strong. They will be published as soon as possible after the last runner has reached the finish line of the qualification.

For the **men** there will be **6 heats** in quarter-final, and the **top 3** will qualify for the next round. For the **women**, there will be **3 heats**, and the **top 4** will qualify for the next round.

NOTE:

To make the course more interesting, there are barriers (not marked on the terrain) which can be in different location for the qualification and 1/4 final, and also in different places after the map exchanges.



MEN WOMEN

< For the qualification, three runners start at the same time on three different heats – men before women, according to Sprint world ranking (leaders start first).

There are 3 map exchanges for the men, and two for the women. The numbers are continuing.

For the ¼ final, there is a map exchange. Both maps are printed in the same paper, the first part of the course is up, and the second part is down. The number are continuing. There might be a forking system used. >



< There is also an arena passage, and the start point is used twice.

90% asphalt, 10% flat grass, running shoes works great.

Call up time -3'.



Uppsala
1/4.000°



LÖRDAG 29 FEBRUARI

EFTERMIDDAG



TRAINING TYPE:

KO SPRINT ½ FINAL & FINAL

MAP:

EKEBY | Mapmaker: J. Troeng & J. Hamelius
Scale | Contours: 1/4.000° | 2 m

LOCATION:

<https://goo.gl/maps/Gsfm9WsWFoSm0WJF7>

TRAINING INFO:

Distances: ½ FINAL MEN 2,4 km | 6m ↗
 WOMEN 2,0 km | 6m ↗
 FINAL 2,1 km | 4m ↗
Timetable:

	Yes	No
Separate control description		X
Warmup Map	X	
Loggator	X*	
Sport-Ident	X	
Start-List	X	

**For selected runners, check at the arena*

SEMI-FINAL									FINAL								
MEN					WOMEN				MEN					WOMEN			
15:00	15:04	15:08	15:12	15:16	15:20	15:24	15:28		15:40	15:44	15:48	15:52	15:56	16:00	16:04	16:08	
SF1	SF2	SF3	SF4	SF5	SF1	SF2	SF3		A-Final	B-Final	C-Final	D-Final	E-Final	A-Final	B-Final	C-Final	
SF1#1	QF3#1	QF5#1	QF1#4	QF4#4	QF1#1	QF2#3	QF1#5		SF1#1	SF1#3	SF1#5	SF4#1	SF4#4	SF1#1	SF1#4	SF1#6	
QF1#2	QF3#2	QF5#2	QF1#5	QF4#5	QF1#2	QF2#4	QF1#6		SF1#2	SF1#4	SF1#6	SF4#2	SF4#5	SF1#2	SF1#5	SF2#6	
QF1#3	QF3#3	QF5#3	QF2#4	QF5#4	QF1#3	QF3#1	QF2#5		SF2#1	SF2#3	SF2#5	SF4#3	SF4#6	SF1#3	SF2#4	SF3#3	
QF2#1	QF4#1	QF6#1	QF2#5	QF5#5	QF1#4	QF3#2	QF2#6		SF2#2	SF2#4	SF2#6	SF5#1	SF5#4	SF2#1	SF2#5	SF3#4	
QF2#2	QF4#2	QF6#2	QF3#4	QF6#4	QF2#1	QF3#3	QF3#5		SF3#1	SF3#3	SF3#5	SF5#2	SF5#5	SF2#2	SF3#1	SF3#5	
QF2#3	QF4#3	QF6#3	QF3#5	QF6#5	QF2#2	QF3#4	QF3#6		SF3#2	SF3#4	SF3#6	SF5#3	SF5#6	SF2#3	SF3#2	SF3#6	

Controls: Control kite, 30X30cm, SI AIR

DESCRIPTION:

For the afternoon, we use one of the best sprint area in Uppsala with intense orienteering and no car traffic.

For the men, there are 5 semi-finals. The **top 2 of the first three semi-final reach the A-final**. The other finals will be organized as described above.

For the women, there are 3 semi-finals. The **top 3 of the semi-final 1 and 2 will reach the A-final**. The other finals will be organized as described above.

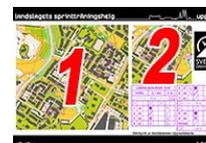
Those who have not been running in morning will fill up the spots of those not running in the afternoon. More information on spot.

NOTE:

To make the course more interesting, there are barriers (not marked on the terrain) which can be in different location for the ½ final and final (and also after the map exchanges).



For the both round, there is a map exchange (except the women's semi-final). Both maps are printed in the same paper, the first part of the course is on the left, and the second part is on the right. The number are continuing. There might be a forking system used. >



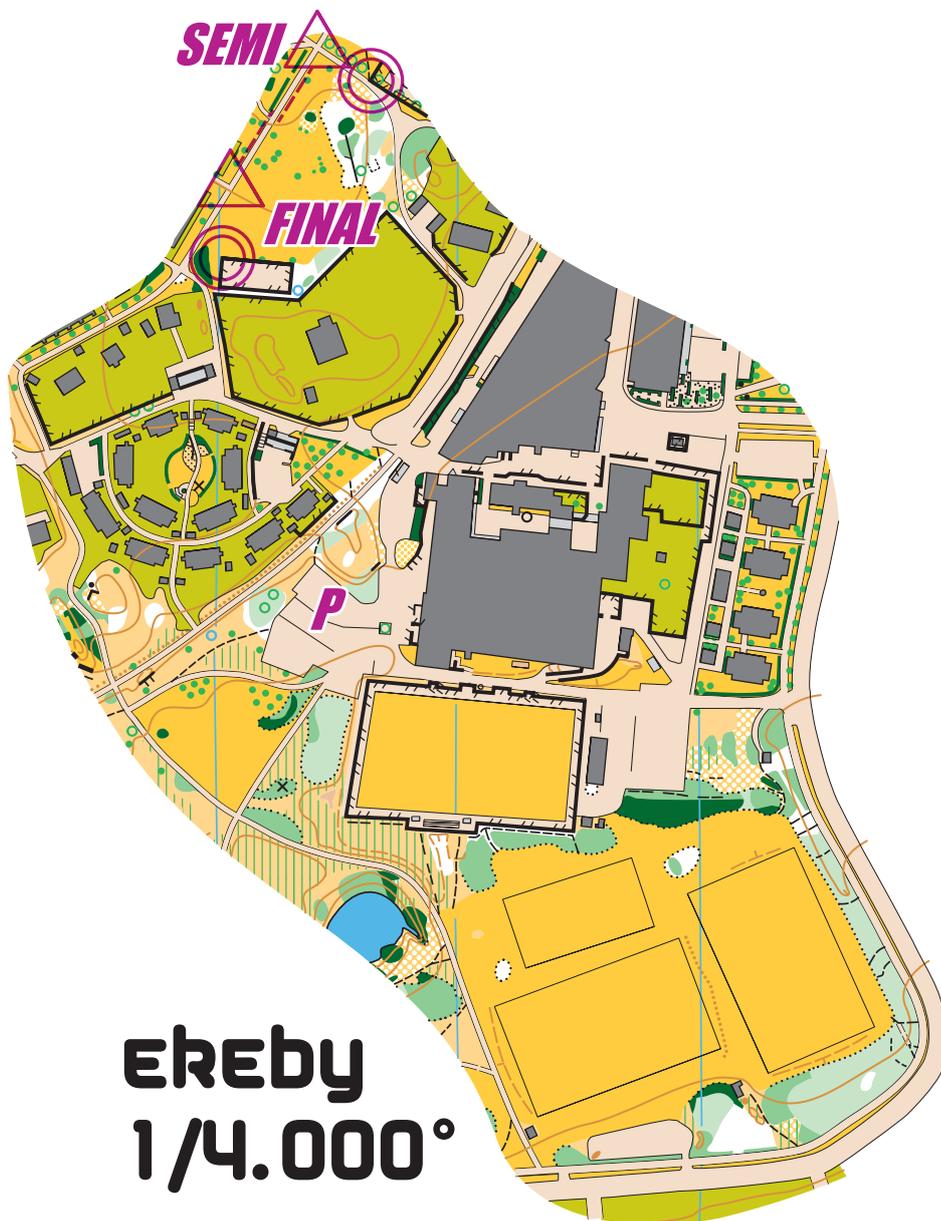
<For the final, there is an arena passage, and the start point is used twice (map exchange).

There are some digging work in progress at a path' crossing, but it is easily avoidable in all sides and doesn't affect the routes, and marked like this on the map >



70% asphalt, 30% flat grass – running shoes recommended.

Call up time -3'.



Ereby
1/4.000°

SONDAG 01 MARS

MORGON

TRAINING TYPE:

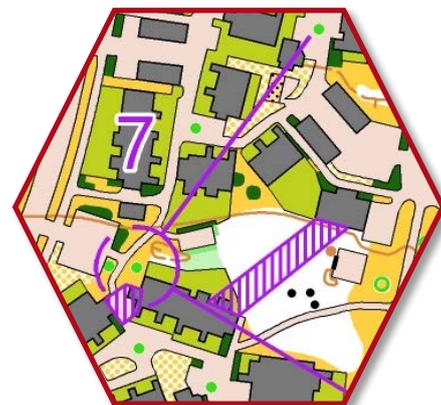
SPRINT [& DIAMOND]

MAP:

SÄVJA | Mapmaker: M. Troeng & A. Ridefelt
(updated TG 02/2020)

LUNSEN T. Kampf

Scale | Contours: 1/4.000° | 2 m [Sprint]
1/10.000° | 2,5 m [Diamond]



LOCATION:

<https://goo.gl/maps/R3rPMiXqtJ4deern6>

TRAINING INFO:

Distances: Women: 3,5 km | 8m ↗
Men: 3,9km | 8m ↗
Diamond: 7,3 km

Controls: Control kite, 30X30cm, SI Air
Red & white ribbons [Diamond]

Timetable: First start 10:00 [Men & Women]

Separate control description

Warmup Map

Loggator

Sport-Ident

Start-List

**For selected runners, check at the arena*

	Yes	No
<i>Separate control description</i>	X	
<i>Warmup Map</i>	X	
<i>Loggator</i>	X*	
<i>Sport-Ident</i>	X	
<i>Start-List</i>	X	

DESCRIPTION:

For that sprint, we use the area which was used for the Sprint SM qualification a few years ago. As this area is also bordering the northern part of Lunsen which is outside the embargoed area of O'ringen, we offer you the possibility to have a quality recovering after the sprint while running a pretty enjoyable contours course. Optional, of course, is you just want to focus on sprint.



NOTE:

Call up time -3'

There are 2 map exchanges for men and women's course. The numbers are continuing, and the maps printed in the same sheet of paper >

To make the courses more interesting a few barriers has been added (not marked on the terrain), and they can be in different locations after the maps exchanges.

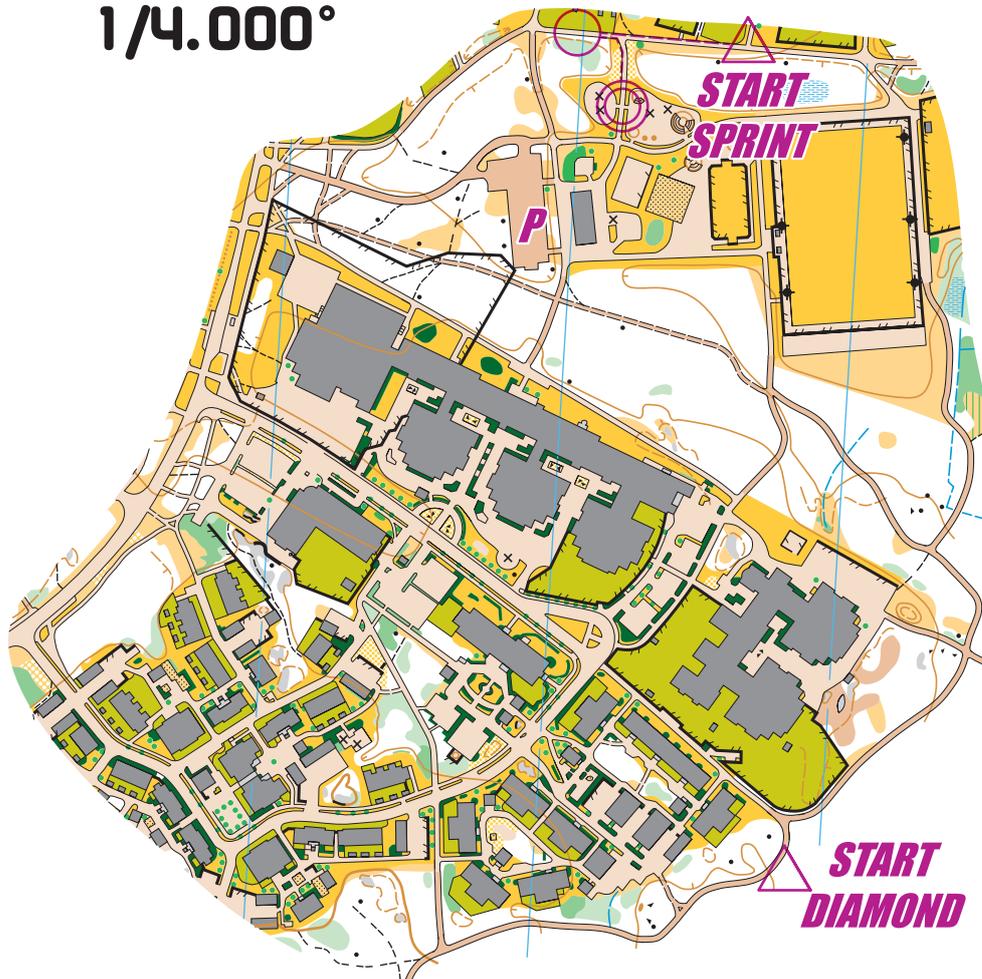


< There is one arena passage, and the start triangle is used twice. To reach the finish, turn right at the crossing

80% asphalt, 20% flat grass/forest, running shoes works great.

The **start of the diamond** is about 600 meters from the parking and the finish of the sprint. You will get your map when you read out your SI card. No organized mass-start, free start when you are ready and/or changed shoes.

SÄVJA
1/4.000°



SONDAG 01 MARS

EFTERMIDDAG

TRAINING TYPE:

PAIR SPRINT

MAP:

ULLERÅKER | Mapmaker: J. Hamelius
(updated TG 02/2020)

Scale | Contours: 1/4.000° | 2 m

LOCATION:

From OK Linné KG:

<https://goo.gl/maps/P3cjZwKX87EDguZVA> (warmup map in the next page, and available at the KG)

On spot:

<https://goo.gl/maps/gMfbtJKErYLG8Ua9>

TRAINING INFO:

Distances: 3,6 km | 8m↗
Controls: Control kite, 30X30cm, SI Air
Timetable: First start 15:00 [Start by two]

DESCRIPTION:

The plan was to give you the opportunity to run two intense sprints the same day to simulate WOC. But also to offer you something slightly new also for the ones living in Uppsala.

So we will use a super tiny area without car traffic, and 2 maps exchanges to make the best of it. The course is alternating areas with quite straight forward running, with parts with barriers forcing you to look for wider alternatives.

For sure, it is going to be messy with runners about to start when you will pass by the arena passage (and vice versa), but it is about knowing when you should stay in your bubble, or look for a back to gain time without losing control. Think it is going to be fun, and a good one ;)

NOTE:

Start by two on a forked course. The start list is done according to the morning's results. The top 2 still on spot will run against each other's, 3rd and 4th being the next duo, etc. Men before Women, 1 min start interval.

Call up time -3'

There are 2 map exchanges for men and women's course. The numbers are continuing, and the maps printed in the same sheet of paper >



< There are 2 arena passages and the start triangle is used three times.

To make the courses more interesting a few barriers has been added (not marked on the terrain), and they can be in different locations after the maps exchanges.

70% asphalt, 30% flat grass, running shoes works great.

OK Linné's backbanan is starting 300m from the arena for those who want to add some elevation to their weekend (map in the next page).



Separate control description

Warmup Map

Loggator

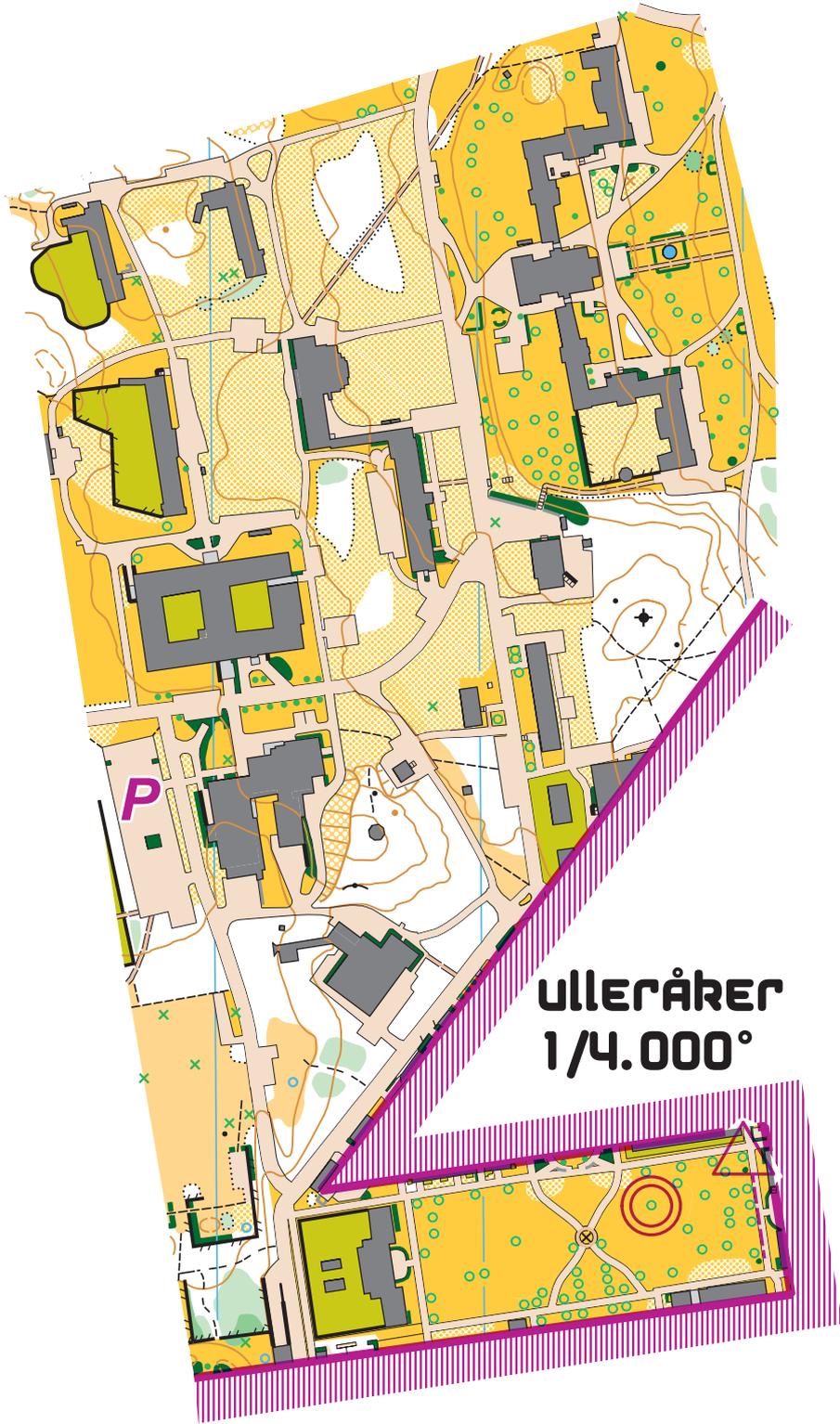
Sport-Ident

Start-List

	Yes	No
Separate control description	X	
Warmup Map	X	
Loggator	X*	
Sport-Ident	X	
Start-List	X	

*For selected runners. check at the arena





ulleråker
1/4.000°

ok linné kg > ulleråker: 2,7km

1/10.000°





Övre föret

Ultunaåsen

Ultuna